

ABSTRACT

Golf training devices and methods of using a training device, that includes primarily for putting and chipping. The invention can include an attachment socket for

5 attaching the device on top of a hand grip of a golf club and a plate extending from the top of the attachment socket at a bent angle approximately 45 degrees in elevation and at a twisted angle or preferably approximately 15 degrees away from the body of the golfer so that it rests against the lower inner forward forearm of a golfer during putting and chipping. The plate is narrow on a proximal end and wider on a distal end where it is

10 slightly convex to conform to the shape of the forearm. The device is removably attached to the golf club by a fastener on the attachment socket having a threaded hole with an adjustment screw tightening an inner clamp against the grip of the golf club so that the grip of the golf club is fastened in the attachment socket. Another version can have two upwardly extending plates that extend in opposite directions to each other from the hand

15 grip. The versions can also be permanently affixed to the clubs.